

PARTICIPATE AS A TEAM!



La Clínica del Pueblo's Walk-A-Thon for Health hybrid event is a great team-building and wellness opportunity for employees and other groups, to come together in community and make an impact. Health is a fundamental human right, yet too many people in our neighborhoods are ineligible for health insurance and face barriers to getting care such as transportation, language access, and affordable medicine. Together, we can change this. Each step we take together moves us towards more equitable communities where all people can thrive.



HOW DO I FORM A TEAM?

- 1.** Round up your friends, family members, or coworkers (as many as you can!).
- 2.** Register each team member via www.lcdp.org/walk OR email Fátima Orozco at forozco@lcdp.org for registration assistance.
- 3.** Upon registration confirmation, click on the link to join our challenge on the MoveSpring app (will be sent to your email!).
- 4.** Create your profile and make sure to connect your Apple Watch, FitBit, Garmin or other step tracking device.
- 5.** Create a team within the challenge (come up with a creative team name!).
- 6.** Make sure each of your team members join your team.
- 7.** Your team will be able to see where they are on the "Team Leaderboard" and use it as a way to motivate each other!
- 8.** Attend the kick-off event on April 29th, and walk virtually until May 31st.
- 9.** Encourage your network to support La Clinica by donating in honor of your team at www.lcdp.org/donate and under where it says "in honor of" ask them to put your team name so we can keep track of how much you've raised!

There are two ways for your team to register:

The team leader registers the team members at www.lcdp.org/walkathon and then creates the team on MoveSpring. The team leader registers themselves at www.lcdp.org/walkathon and then creates the team on MoveSpring and team members join individually.